

SUNDAY 3 MAY 2026
The Paralytic
Martyrs Timothy and Máavra C3
4th Sunday after Pascha -Tone 5 & Eothinon 5

VESPERS

Lord I have cried

Tone 5

S10: Bring my soul out of prison
that I may acknowledge your name.

O Christ, you have put the Devil to shame by your precious cross. You have blunted the sting of sin and saved us from the gates of death by your resurrection. We glorify you, only begotten *Lord*.

S9: The just will wait,
until you reward me.

Christ was led like a sheep to the slaughter in order to grant resurrection to the human race. The princes of Hades were frightened by this, for the gates of sorrow were raised. Christ the King of glory had entered. He said to those in chains, "Go out," and to those in darkness, "Come to the light."

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.

O great wonder! The Creator of invisible matter suffered in the flesh in his love for the human race and rose again as immortal *Lord*. O families of nations, come and worship him. We have been rescued from error by his compassion and have learnt to sing about one God in three persons.

S6: O Lord *our* Lord, if you mark offences,
who will stand?

But there is forgiveness with you.

O unfading Light, we offer you our evening worship. You shone on the world in the flesh in these last days as though in a glass. You even descended to Hades to banish its darkness. You have revealed the light of the resurrection to the nations. Glory to you, O Lord, Giver of light, glory to you!

S5: O Lord, I have waited for you for the sake of your name;

my soul has waited for your word,
my soul has hoped in the Lord.

We glorify the Author of our salvation. The world was saved from deceit by his resurrection from the dead. The choir of angels rejoices as the error of demons takes flight. Fallen Adam rises as the Devil is overthrown.

S4: Let Israel hope in the Lord
from the morning watch until night,
from the morning watch.

The guards were instructed by the lawless people, “Hide the resurrection of Christ; take money and say, ‘The body was stolen from the tomb while we were asleep.’ But who has heard of a body being stolen, a body anointed and naked, with its grave clothes left behind in the tomb? O Jews, do not be deceived, study the words of the prophets and understand that he is truly the Redeemer of the world and all-powerful.

S3: For there is mercy with the Lord
and abundant redemption with him.

He will redeem Israel
from all his offences.

O Lord our Saviour, you have captured Hades and trampled on death; you have enlightened the world by your precious cross; have mercy on us.

Tone 1

S2: Every nation, praise the Lord;
every people, acclaim him!

O compassionate Christ, you created mankind with your pure hand and came to heal the sick. You raised the Paralytic at the Sheep’s Pool by your word and cured the woman from her painful haemorrhage. You had mercy on the Canaanite woman's daughter and did not reject the centurion's request. Therefore we cry to you, “Glory to you, almighty Lord!” X2

S1: For his mercy is strengthened over us
and the truth of the Lord remains for ever.

The Paralytic was like an unburied corpse, he saw you and shouted, “O Lord, have mercy on me; my bed has become my grave. Why should I live? What use is the Sheep’s Pool to me? I have no one to put me into the pool when the angel stirs up the water. O Fountain of Healing, I come

to you. Raise me up so that I may cry to you with everyone, ‘Glory to you, almighty Lord!’ ”

Glory: Tone 5

Jesus went up to Jerusalem and came to the Sheep’s Pool, called in Hebrew Bethsaida. It had five porches; each was filled with a crowd sick *people*. At certain times an angel of the Lord stirred up the water and the first one who entered the pool in faith was healed. The Lord saw a man there who was grievously afflicted. He said, “Do you want to be whole?” The sick man replied to the Lord, “I have no man to lower me into the pool when the water is stirred. I have wasted my life waiting for healing, but no one has ever seen fit to show me mercy.” The Physician of souls and bodies said to him, “Take up your mat and walk. Proclaim my power and great mercy to the ends of the earth.”

Both now:

All-honoured *Lady*, how can we not wonder at your giving birth to him who is God and man? For without experience of man, all-spotless One, you gave birth to a son in the flesh who was begotten without mother from the Father before time. He underwent no mingling, change or division, but preserved the attributes of each nature. Therefore, O Lady and Virgin Mother, implore him to save the souls of those who confess you in the Orthodox manner to be the Theotokos.

P/D: Wisdom! Stand upright!

Phos Ilarón

O Jesus Christ, joyful light of the holy glory
of the immortal, heavenly, holy, blessed Father,
when we come to the setting of the sun
and see the light of evening,
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you
with voices of praise,
O Son of God *and* Giver of life.
Therefore the world glorifies you.

P/D: The Evening Prokeimenon

Prokeímenon Ps 92 Tone 6

P/D: The Evening Prokeimenon

R: The Lord reigns

and is clothed with beauty.

S1: The Lord is covered

and surrounded with power.

S2: He founded the world

which will not be moved.

Ektení

Prayer

O Lord, allow us this night to be guarded from sin. Blessed are you, O Lord, God of our fathers! Praised and glorified be your name for ever.

Amen. O Lord, let your mercy be on us, for we have hoped in you.

Blessed are you, O Lord; teach me your statutes. Blessed are you, O Master; make me understand your statutes. Blessed are you, O Holy *One*; enlighten me with your statutes. O Lord, your mercy lasts for ever; do not overlook the work of your hands. To you belongs worship, to you belongs praise, to you belongs glory, to the Father, the Son and the Holy Spirit, both now and ever, and to ages of ages. Amen.

Plirotiká

Prayer

P: Peace be with you all. R: And with your spirit

D: Bow down your heads to the Lord. R: To you, O Lord.

P: For blessed and glorified is the power of your Kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

Amen.

Apósticha

Tone 5

O Christ, incarnate Saviour, you were not parted from the heavens. We glorify you with songs of praise, for you accepted the cross and death for the sake of our race. O Lord, Lover of the human race, you overthrew the gates of Hades and rose on the third day to save our souls.

The Paschal Sticherá

S1: Let God rise and let his enemies be scattered;
let those who hate him flee from his presence. Ps 67

A sacred Pascha has been revealed to us today; a new and holy Pascha, a mystical Pascha, a Pascha revered by all, a Pascha that is Christ the Redeemer, a spotless Pascha, a great Pascha, a Pascha of the faithful, a Pascha that has opened for us the gates of Paradise, a Pascha that sanctifies all the faithful.

S2: As smoke vanishes, so let them vanish,
as wax melts before fire.

O women, bearers of good tidings, come from that scene and say to Sion, "Receive from us the joyful good news of Christ's Resurrection. O Jerusalem, leap for joy, dance and be glad, for you have seen Christ the King like a bridegroom come from the grave.

S3: So let sinners perish at the presence of God;
let the just be festive.

The myrrh-bearing women came to the grave of the Giver of life before dawn. They found an Angel sitting on the stone who cried out to them and said, "Why do you seek the Living *Lord* among the dead? Why do you mourn the Incorruptible One as though he were in corruption? Go and proclaim *the news* to his Disciples.

S4: This *is* the day which the Lord has made;
let us rejoice and be glad in it.

O Pascha of delight! O Pascha, the Lord's Pascha! A Pascha revered by all has dawned for us. O Pascha! Let us embrace one another with joy. O Pascha, deliverance from sorrow! For today Christ shone out from a tomb as though from a bridal chamber and filled the women with joy, saying, "Proclaim *the news* to the Apostles."

Glory: Tone 8

Solomon's porch was filled with the sick. In the middle of the feast, Christ found a man who had been paralysed for thirty-eight years. He shouted to him in a commanding voice, "Do you want to be healed?" The sick man replied, "O Lord, I have no one to lower me into the pool. When the water is stirred another always gets in before me." The Lord said to him, "Pick

up your mat and now that you are healed, see that you sin no more.” O Lord, show us your great mercy through the prayers of the Theotokos.

Both now:

It is the day of Resurrection! Let us be resplendent in the festival! Let us embrace one another and say, ”Brothers!” even to those who hate us. Let us forgive everything in the Resurrection and so we can cry, “Christ is risen from the dead! He has trampled down death by death and granted life to those in the tombs.”

Song of Simeon

B/P: O Master, now let your servant depart in peace
according to your word,
² for my eyes have seen your salvation,
which you have prepared before all peoples,
³ a light of revelation for *the* nations
and *the* glory of your people Israel.

Triságion Prayers

Apolytikia

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Hail, O gate of the Lord which no one can pass! Hail, O rampart and shelter of those who come to you! Hail, O undisturbed haven who never knew man! Since you gave birth in the flesh to your Maker and God, continually intercede for those who sing a hymn of praise to your Son and worship him.

Dismissal

ORTHROS

God is the Lord Ps 117

R: God is the Lord, and has appeared to us.

Blessed is he who comes in the name of the Lord. *Ps 117*

S1: Thank the Lord, for he is good,
for his mercy endures for ever.

S2: All the nations surrounded me,
but I resisted them in the name of the Lord.

S3: This *is* the Lord's doing
and it is marvellous in our eyes.

Apolytikia

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Hail, O gate of the Lord which no one can pass! Hail, O rampart and shelter of those who come to you! Hail, O undisturbed haven who never knew man! Since you gave birth in the flesh to your Maker and God, continually intercede for those who sing a hymn of praise to your Son and worship him.

Small Litany

P: For yours is the might, and yours is the kingdom and yours is the power, of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

Kathisma 1

Let us celebrate the cross of the Lord, honour his sacred tomb with song and glorify the resurrection. For as God, he raised the dead from the tomb, stripped death of its power and the Devil of his strength; he illuminated those in Hades.

Glory:

O Lord, you were called dead, but put death to death. You were laid you in a tomb, but emptied the tomb. The soldiers guarded the sepulchre above, while below you were raising the dead from all the ages. Glory to you, almighty and incomprehensible Lord!

Both now:

Hail, O sacred mountain, where God has walked! Hail, O living bush which was not consumed by fire! Hail, only bridge between the world and God leading the dead to eternal life! Hail, O undefiled Maiden, for you gave birth to the Salvation of our souls without knowing a man!

Kathisma 2

O Lord, after your resurrection on the third day when the Apostles had worshipped you, Peter called out to you, “The women boldly ventured out, while I was a coward. The Thief acknowledges God, while I denied him. Will you continue to call me a disciple? Will you not make me again a fisherman of the sea? But, O God, accept me as a penitent and save me.”

Glory:

O merciful Lord, the lawless ones nailed you between those who were condemned and pierced your side with a spear. You accepted the tomb, demolished the gates of Hades and rose on the third day. The women ran to see you and announced your resurrection to the Apostles. O Lord, highly exalted Saviour, the angels sing your praises; glory to you!

Both now:

Unwedded Bride, you gave birth to God *and* have turned Eve’s grief to joy. The faithful sing your praises and venerate you because you have led us away from the ancient curse. O honourable *and* all-holy *Lady*, pray continually that we may be saved.

Evlogitária

Blessed are you, O Lord; teach me your statutes.
The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.
The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes.

The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.
The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them, Why do you number the Living among the dead? As God he has risen from the tomb."

Glory:
We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

Both now:
O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)
O our God and our hope, glory to you.

Small Litany

P: For blessed is your name, and glorified is your kingdom, of the Father and of the Son and of the Holy Spirit, now and ever and to the ages of ages. *Amen*

Ypakoi

The sight of the angel dazzled the minds of the myrrhbearing women and their spirits were enlightened by your divine Resurrection. They preached the good news to the Apostles, "Announce to the nations the Lord's Resurrection. He has worked wonders and grants us great mercy!"

Anavathmi

Antiphon 1 Ps 131
My Saviour, I sing to you like David in my trouble;
save my soul from crafty speech.
The life of those who live in the desert is blessed;
they are supported by divine passion.
Glory: Both now:

Everything seen and unseen is preserved by the Holy Spirit,
for he has power in himself as truly one of the Trinity.

Antiphone 2 Ps 120

My soul, let us ascend the mountains;
come to the place where help is found.
O Christ, let your right hand rush
to guard me from everything sinister.

Glory: both now:

As we speak about divine matters through the Holy Spirit,
we say, “You are God, life, desire, light and mind.
You are goodness and reign for ever.

Antiphon 3 Ps 121

I offer my prayer for those who said to me,
“Let us go to the courts of the Lord,
filled with great joy.”
Fearful things will be done to the house of David,
for a fire there will consume every shameful thought.

Glory: Both now:

The government of life belongs to the Holy Spirit
and every creature is given the breath of life through him
as also in the Father and the Word.

Prokeimenon Ps 9

³³ O Lord my God, rise *and* let your hand be raised;
do not forget your needy for ever.
for you reign forever.

² O Lord, I will thank you with my whole heart
and recount all your wonders.

Small Litany

For you are the King of Peace and Saviour of our souls, and we send up
glory to you, to the Father, the Son and the Holy Spirit, always, now and
for ever, and to the ages of ages. *Amen*

Kontakion

O Christ my Saviour, you descended into Hades, shattered its gates as the
almighty *Lord*, raised the dead as Creator and destroyed the sting of death.

O Lover of the human race, you have rescued Adam from the curse; we all cry to you, “O Lord, save us!”

Ikos

The women set aside their weeping when they heard the words of the angel and saw the resurrection with awe and joy. See, Christ drew near to them and said, “Hail, take courage, for I have overcome the world and set the prisoners free! Go quickly to the disciples and say that I will go before you to Galilee in order to proclaim the good news.” Therefore we all cry to you, “O Lord, save us!”

Synaxáron

Today we remember the holy virgin martyr Theodosía of Tyre who lived in the Fourth Century. She was arrested when she went to console some Christians who had been arrested. After being tortured she was thrown into the sea. On the Twenty Ninth his selected bride was led to God in glory.

Together with her we remember:

Martyr Theodosía of Constantinople

New Martyr John of Smyrna C19

Ypómнима

The Sheep Pool was near one of the gates of Jerusalem; possibly the sacrificial lambs were washed there. It was probably pentagonal in shape since it had five surrounding porches, under which many sick people waited for the water to move. Without help a disabled person was unable to be first in the water, but the divine Power was of greater efficacy than that of moving water. O Christ our God, have mercy on us in your great pity. Amen.

Katavasías

Tone 1

1: It is the day of Resurrection; O people, let us be radiant. It is Pascha, the Pascha of the Lord, for Christ God has made us pass from death to life and from earth to heaven and we sing the triumphal song. “Christ is risen from the tomb.”

3: Come and let us drink a new drink, not one miraculously produced from a barren rock, but from the Spring of incorruption which pours out from the tomb of Christ in whom we are made firm

4: Let the Prophet Habakkuk who was inspired by God, stand with us in the divine guard. Let him point out the radiant Angel, who announces with resounding voice, “To-day there is salvation for the world, for Christ has risen as the almighty *Lord*.”

5: Let us rise before the dawn and offer praise to the Master instead of myrrh. We shall see Christ, the Sun of justice who makes life dawn for everyone.

6: O Christ, you descended into the deepest parts of the earth and shattered the eternal shackles of those that those who were chained. On the third day you rose from the tomb like Jonah from the whale.

7: He who set free the children from the furnace, becomes man and suffers as a mortal. He who is the only blessed and most glorious God of our fathers clothes the mortal through suffering with the splendour of incorruption.

8: Let us praise, bless and worship the Lord.
This is the chosen and holy day, the first of Sabbaths, the Queen and Lady, the Feast of Feasts, and the Festival of Festivals on which we bless Christ for ever.

Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*.

R: Let everything with breath praise the Lord. *X3*

Praise God in his saints;

praise him in his mighty firmament. Ps 50

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

P: Peace be with you all. *And with your spirit*

P: A reading from the Holy Gospel according to John.

P/D: Let us attend

R: Glory to you, O Lord, glory to you.

Eothinón Gospel 5

From the Holy Gospel according to Luke (24:12-35)

At that time Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened. ¹³ That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, ¹⁴ and talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing together, Jesus himself drew near and went with them. ¹⁶ But their eyes were kept from recognizing him. ¹⁷ And he said to them, "What is this conversation which you are holding with each other as you walk?" And they stood still, looking sad. ¹⁸ Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" ¹⁹ And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, ²⁰ and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. ²¹ But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. ²² Moreover, some women of our company amazed us. They were at the tomb early in the morning ²³ and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. ²⁴ Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see." ²⁵ And he said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! ²⁶ Was it not necessary that the Christ should suffer these things and enter into his glory?" ²⁷ And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself. ²⁸ So they drew near to the village to which they were going. He appeared to be going further, ²⁹ but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. ³⁰ When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. ³¹ And their eyes were opened and they recognized him; and he vanished out of their sight. ³² They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to

us the scriptures?"³³ And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them,³⁴ who said, "The Lord has risen indeed, and has appeared to Simon!"³⁵ Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

R: Glory to you, O Lord, glory to you.

Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into the entire world through the cross.. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

Psalm 50

O God, have mercy on me in your abundant mercy
and wipe out my offence through your great pity.
⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,
⁵ for I know my lawlessness
and my sin is always before me.
⁶ I have sinned against you alone
and done what is evil before you
^{6b} so that you might be right in your words
and overcome when you are judged,
⁷ for see, I was conceived in lawlessness
and my mother desired me in sin,
⁸ for see, you have loved truth
and shown me the mysteries and secrets of your wisdom.
⁹ You will sprinkle me with hyssop and I will be clean;
you will wash me and I will become whiter than snow.
¹⁰ You will make me hear about joy and gladness;
humbled bones will rejoice.
¹¹ Turn your face from my sins
and wipe out all my lawlessness.

- 12 O God, create a pure heart within me
and renew an upright spirit within me.
- 13 Do not banish me from your presence
or remove your Holy Spirit from me.
- 14 Restore your saving joy to me
and strengthen me with your directing Spirit.
- 15 I will teach the lawless your ways
and the ungodly will return to you.
- 16 O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.
- 17 O Lord, you will open my lips
and my mouth will announce your praise,
- 18 for if you had wanted sacrifice, I would have given it;
you will not be pleased with burnt offerings.
- 19 Sacrifice for God is a broken spirit;
God will not despise a broken and humbled heart.
- 20 O Lord, be good to Zion in your pleasure
and let the walls of Jerusalem be built,
- 21 then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;
then they will offer calves on your altar.

Glory: Tone 6

O merciful *Lord*, blot out the abundance of our offences through the prayers of the apostles.

Both now:

O merciful *Lord*, blot out the abundance of our offences through the prayers of the Theotokos.

Have mercy:

Jesus has risen from the tomb as he foretold
and grants us eternal life and great mercy.

Intercession

Short Form

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of

our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy martyrs Timothy and his wife, Mávra, and of all the saints. We ask you, only merciful Lord, “Listen to us sinners as we pray to you, and have mercy on us.”

Lord have mercy. X12

Through the mercy, compassion and love for the human race of your only-begotten Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

The Magnificat is not sung.

Ode 9

S1: O my soul, glorify *the Lord* who suffered willingly,
was buried and rose from the grave on the third day.

Shine, shine, O new Jerusalem, for the glory of the Lord has dawned on you. O Sion, dance now and rejoice and you, O pure Theotokos, also rejoice at the resurrection of him whom you bore.

S2: O my soul, glorify Christ the Giver of life
who rose from the grave on the third day.

Shine, shine, O new Jerusalem, for the glory of the Lord has dawned on you. O Sion, dance now and rejoice and you, O pure Theotokos, also rejoice at the resurrection of him whom you bore.

S3: Christ is the new Passover, the living Sacrifice
and the Lamb of God who takes away the sin of the world.

How divine! How beloved! O your sweetest voice! O Christ, you have truly promised to be with us until the end of time. We, the faithful, rejoice, since we have this as an anchor of hope.

S4: Today the whole creation rejoices and is glad,

for Christ has risen and Hades has been plundered.
How divine! How beloved! O your sweetest voice! O Christ, you have truly promised to be with us until the end of time. We, the faithful, rejoice, since we have this as an anchor of hope.

Glory:

O my soul, glorify the might of the undivided Divinity
in three Persons.

O great and most sacred Pascha! O Christ! O Wisdom, Word and Power of God! Grant that we may partake of you fully in the day that has no evening of your Kingdom.

Both now:

Hail, O Virgin, rejoice!

Hail, O blessed *Lady*!

Hail, O glorified *Virgin*!

Your Son has risen from his three day *rest* in the tomb.

O great and most sacred Pascha! O Christ! O Wisdom, Word and Power of God! Grant that we may partake of you fully in the day that has no evening of your Kingdom.

The Angel cried to her who is full of grace, “Rejoice, O pure Virgin, rejoice!” And again I say, “Rejoice!” for your Son has risen from the tomb on the third day.

Shine, shine, O new Jerusalem, for the glory of the Lord has dawned on you. O Sion, dance now and rejoice and you, O pure Theotokos, also rejoice at the resurrection of him whom you bore.

Small Litany

P: For all the powers of heaven praise you, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*

Holy is the Lord

Holy is the Lord our God. *X3*

Exalt the Lord our God and worship at his footstool.
for he is holy.

Exaposteilária

O King and Lord, when you had fallen asleep in the flesh as a mortal, you arose again on the third day. O Pascha of incorruption and salvation of the world, you raised Adam from corruption and abolished death.

The all-bountiful Lord and Lover of mankind came to the Sheep's Pool to heal the sick. He found a man who had been infirm for many years and cried to him, "Take up your bed and walk in the way of justice."

Praises

Tone 5

Let everything with breath
praise the Lord.
Praise the Lord from the heavens;
praise him in the heights.
To you, O God, is due a song.

Praise him, all his angels;
praise him, all his powers.
To you, O God, is due a song.

S8: This glory will be for all his holy ones.

O Lord, you came out from the grave, which had been sealed by lawless men, just as you were born from the Theotokos. Your bodiless angels did not know how you were incarnate; the soldiers did not see the moment of your resurrection. These two marvels were concealed from curious minds, but were revealed to those who worshipped with faith the mystery about which we sing. Grant us joy and great mercy as we offer you praise.

S7: Praise God in his saints;
praise him in his mighty firmament.

O Lord, you demolished the eternal bars and broke apart the chains of the grave. You rose from the tomb and left your wrappings in the grave as a witness to your three-day burial. You left the guards watching at the tomb and went before your disciples to Galilee. O incomprehensible Saviour, great is your mercy; have mercy on us!

S6: Praise him for his mighty deeds;
praise him for the abundance of his majesty.

O Lord Christ, you suffered for us and the women hurried to your tomb to see you. When they approached with fear, they saw an angel sitting on the stone which had been rolled away. He cried to them “The Lord is risen. Go and tell the disciples that the Saviour of our souls has risen from the dead.”

S5: Praise him with the trumpet sound;
praise him with lute and harp.

O Lord, you came into the midst of your disciples, although the doors were shut, just as you came from the sealed tomb. O long-suffering Saviour, you revealed the sufferings of the body which you had accepted, for you endured wounds as the Seed of David, but saved the world as Son of God. O incomprehensible Saviour, your mercy is great; have mercy on us.

S4: Praise him with cymbal and dance;
praise him with strings and flute.

O Lord, King of the ages and Creator of all, you accepted crucifixion and burial in the flesh for our sake in order to rescue us all from Hades. You are our God and we do not know anyone apart from you.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.
Let everything with breath praise the Lord.

O Lord God, who will proclaim your radiant wonders or declare your divine mysteries? For you were willingly incarnate for our sake and revealed your powerful might. You opened Paradise to the thief by your cross. You crushed the bars and bolts of Hades by your death. You enriched all creation by your resurrection. O compassionate *Lord*, glory to you!

The Paschal Sticherá

S1: Let God rise and let his enemies be scattered;
let those who hate him flee from his presence. Ps 67

A sacred Pascha has been revealed to us today; a new and holy Pascha, a mystical Pascha, a Pascha revered by all, a Pascha that is Christ the Redeemer, a spotless Pascha, a great Pascha, a Pascha of the faithful, a Pascha that has opened for us the gates of Paradise, a Pascha that sanctifies all the faithful.

S2: As smoke vanishes, so let them vanish,
as wax melts before fire.

O women, bearers of good tidings, come from that scene and say to Sion,
“Receive from us the joyful good news of Christ’s Resurrection. O
Jerusalem, leap for joy, dance and be glad, for you have seen Christ the
King like a bridegroom come from the grave.

S3: So let sinners perish at the presence of God;
let the just be festive.

The myrrh-bearing women came to the grave of the Giver of life before
dawn. They found an Angel sitting on the stone who cried out to them and
said, “Why do you seek the Living *Lord* among the dead? Why do you
mourn the Incorruptible One as though he were in corruption? Go and
proclaim *the news* to his Disciples.

S4: This *is* the day which the Lord has made;
let us rejoice and be glad in it.

O Pascha of delight! O Pascha, the Lord’s Pascha! A Pascha revered by
all has dawned for us. O Pascha! Let us embrace one another with joy. O
Pascha, deliverance from sorrow! For today Christ shone out from a tomb
as though from a bridal chamber and filled the women with joy, saying,
“Proclaim *the news* to the Apostles.”

Glory: Tone 8

O Lord, the pool did not heal the paralytic, but he was renewed by your
word. He cast away his sickness and carried the weight of his bed as a
testimony of your great compassion. Glory to you!

Both now:

It is the day of Resurrection! Let us be resplendent in the festival! Let us
embrace one another and say, “Brothers!” even to those who hate us. Let
us forgive everything in the Resurrection and so we can cry, “Christ is
risen from the dead! He has trampled down death by death and granted
life to those in the tombs.”

Great Doxology

Glory to you who have shown us the light!
glory to God in the highest!
Peace on earth and goodwill to men!

- ² We praise you, we bless you, we worship you,
we glorify you, we thank you for your great glory,
- ³ O Lord King, heavenly God, almighty Father,
O Lord, only-begotten Son, Jesus Christ,
and you, O Holy Spirit!
- ⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;
have mercy on us,
for you take away the sin of the world.
- ⁵ Receive our prayer,
for you sit on the right of the Father,
and have mercy on us.
- ⁶ For only you are holy, only you are Lord,
O Jesus Christ, to the glory of God the Father. Amen.
- ⁷ I will bless you every day
and praise your name for ever
and to the ages of ages. Ps 144.2
- ⁸ O Lord, allow us this day
to be kept from sin.
- ⁹ Blessed are you, O Lord God of our fathers!
Praised and glorified is your name for ever. Amen Dan 3
- ¹⁰ O Lord, let your mercy *be* on us,
for we have hoped in you. Ps 32.22
- ¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118.12
- ¹² O Lord, you have been our refuge
from generation to generation. Ps 89.1
- I said, "Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40.5
- ¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142:10
- ¹⁵ For with you is the source of life
and in your light we will see light. Ps 35.10
- ¹⁶ Extend your mercy
to those who know you. Ps 35.11

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. When he destroyed death by death, he gave us victory and great mercy.

LITURGY

Antíphon 1 Ps 65 Tone 2

S1: All the earth, shout with joy to the Lord.

R: At the prayers of the Theotokos, Saviour, save us.

S2: Make music to his name *and* give glory in his praise.

S3: Say to God, "How fearful are your works!"

S4: Let all the earth worship you and make music to you.

S5: Glory: Both now:

Antíphon 2 Ps 66 Own Tone

S1: May God pity us and bless us;

may he make his face shine on us and be merciful to us.

R: Save us, O Son of God.

You arose from the dead.

We sing to you, "Alleluia!"

S2: May we know your way on earth,
your salvation among all the nations.

S3: O God, let the peoples thank you;
let all the peoples thank you.

S4: May God bless us
and all the ends of the earth fear him.

S5: Glory: Both now:

Monogenes

Antíphon 3 Ps 67 & 117 Tone 8

S1: Let God rise and let his enemies be scattered;
let those who hate him flee from his presence.

R: Christ is risen from the dead!

He has trampled down death by death

and granted life to those in the tombs.

S2: As smoke vanishes, so let them vanish,
as wax melts before fire.

S3: So let sinners perish at the presence of God;
let the just be festive.

S4: This *is* the day which the Lord has made;
let us rejoice and be glad in it.

S5: Glory: Both now:

Entrance Ps 67

Bless God, in *the* assemblies,
the Lord from the springs of Israel.

Save us, O Son of God.

You have risen from the dead.

We sing to you, “Alleluia!”

Apolytikia

Tone 5

O faithful, let us praise and worship the Word, co-eternal with the Father and the Spirit. He was born from the Virgin for our salvation; for he determined to ascend the cross in the flesh, to endure death and to raise the dead by his glorious resurrection.

Of the Church

Kontákion

Tone 8

O immortal *Lord*, although you descended into the grave, yet you overthrew the power of Hades; O Christ *our* God, you rose as conqueror. You greeted the women bearing myrrh, saying, “Rejoice!” As you grant resurrection to the fallen, you give peace to your apostles.

Triságion

Prokeímenon Ps 11 Tone 5

R: O Lord, you will guard us;

you will keep us from this generation for ever.

S: O Lord, save me, for the devout man has failed;

true words have become few among the sons of men.

Apóstolos

Paul and Silas escape from prison.

From the Acts of the Apostles (16:16-34)

In those days as we were going to the place of prayer, we were met by a slave girl who had a spirit of divination and brought her owners much gain by soothsaying. ¹⁷ She followed Paul and us, crying, "These men are servants of the Most High God, who proclaim to you the way of salvation." ¹⁸ And this she did for many days. But Paul was annoyed, and turned and said to the spirit, "I charge you in the name of Jesus Christ to come out of her." And it came out that very hour. ¹⁹ But when her owners saw that their hope of gain was gone, they seized Paul and Silas and dragged them into the market place before the rulers; ²⁰ and when they had brought them to the magistrates they said, "These men are Jews and they are disturbing our city. ²¹ They advocate customs which it is not lawful for us Romans to accept or practice." ²² The crowd joined in attacking them; and the magistrates tore the garments off them and gave orders to beat them with rods. ²³ And when they had inflicted many blows upon them, they threw them into prison, charging the jailer to keep them safely. ²⁴ Having received this charge, he put them into the inner prison and fastened their feet in the stocks. ²⁵ But about midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, ²⁶ and suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and every one's fetters were unfastened. ²⁷ When the jailer woke and saw that the prison doors were open, he drew his sword and was about to kill himself, supposing that the prisoners had escaped. ²⁸ But Paul cried with a loud voice, "Do not harm yourself, for we are all here." ²⁹ And he called for lights and rushed in, and trembling with fear he fell down before Paul and Silas, ³⁰ and brought them out and said, "Men, what must I do to be saved?" ³¹ And they said, "Believe in the Lord Jesus, and you will be saved, you and your household." ³² And they spoke the word of the Lord to him and to all that were in his house. ³³ And he took them the same hour of the night, and washed their wounds, and he was baptized at once, with all his family. ³⁴ Then he brought them up into his house, and set food before them; and he rejoiced with all his household that he had believed in God.

Alleluia Ps 88 Tone 5

S1: O Lord, I will sing about your mercies for ever;

I will announce your truth with my mouth to all generations.

S2: For you have said: Mercy will be built up for ever;

your truth will be prepared in the heavens.

Gospel

From the Holy Gospel according to John (5:1b-15)

At that time Jesus went up to Jerusalem. ² Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesdá, which has five porticoes. ³ In these lay a crowd of invalids, blind, lame, paralysed, waiting for the stirring of the water; ⁴ for an angel of the Lord went down at certain seasons into the pool, and stirred up the water; whoever stepped in first after the stirring of the water was made well from whatever disease that person had. ⁵ One man was there, who had been ill for thirty-eight years. ⁶ When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" ⁷ The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." ⁸ Jesus said to him, "Rise, take up your pallet, and walk." ⁹ And at once the man was healed, and he took up his pallet and walked. Now that day was the Sabbath. ¹⁰ So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." ¹¹ But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" ¹² They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" ¹³ Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. ¹⁴ Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." ¹⁵ The man went away and told the Jews that it was Jesus who had healed him.

Especially

The Angel cried to her that is full of grace, "O Pure Virgin, rejoice! And again I say, 'Rejoice!' For your Son has risen from the tomb on the third day.

Shine, shine, O New Jerusalem, for the glory of the Lord has risen upon you. Dance now and be glad, O Sion, and you too rejoice, pure Mother of God, at the arising of him to whom you gave birth.

Communion

Receive the Body of Christ;
partake from the Fountain of immortality. Alleluia!